



WONDERFUL TIMES

Vol. 34, No. 2

February 2016

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BAY COUNTY

DIVISION ON AGING

515 Center Avenue, Suite 202
Bay City, MI 48708-5123

Phone: (989) 895-4100
1-877-229-9960

TDD: (989) 895-4049
FAX: (989) 895-4094

divonaging@baycounty.net

www.baycounty-mi.gov/Aging/

MISSION STATEMENT

Bay County Division on Aging is dedicated to providing continued opportunities for the community's older adults by maintaining independence, offering social opportunities, and enhancing their lives through quality services in a cost-effective manner.

Dinner Theatre Thursday, March 3



Bay City Players and Bay Metro Transit are collaborating with Division on Aging to bring you The Best Man on Thursday, March 3. It is Philadelphia. It is the 1960's and two men are seeking their party's nomination for President; but, wait, are dirty politics unfolding right before our very eyes? Indeed, they are! "The more things change, the more they remain the same." Enjoy this backstage view of back-stabbing, crooked deals, and all that makes political life worth living. Great characters, great plot, and great drama are all in this play that won six Tony nominations and became an all-star movie.

5:30pm Social Hour 6:00pm Dinner at Riverside Friendship 8:00pm Show at Bay City Players Shuttle service provided by Bay Metro Transit	Limited seating No refunds Register by Feb. 29 (or until full)
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Without transportation:

\$9.00 age 60 and older
\$11.75 under age 60

With transportation:

\$12.25 age 60 and older
\$15.00 under age 60

Cost includes show, bus transportation, cooking and maintenance fees, and suggested donation for dinner. Call 989-895-4100.



Exercise Class at Kawkawlin

Seeking seniors age 60 and older who love fellowship, social activities, playing cards, and a nutritious noontime meal. Please bring your group to our Activity Center for a "meet-and-eat."

Kawkawlin Senior Activity Center
1800 E. Parish Road, Kawkawlin
Exercise with Millissa

Low-Impact created for seniors
Wednesdays, 11:30am-12:30pm
Drop-in fee of \$3

Lunch served at 11:30am
\$2.50 suggested donation,
age 60 and older
\$4.75 guest fee age 59 and under

If you would like to join us for lunch before class, please call Marla at 989-686-5127 at least 24 hours in advance to make lunch reservations. Transportation is available.

Offices and Dining Centers closed for Presidents' Day Monday, February 15.

Division on Aging Staff

Director

Tammy Roehrs

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Cathy Sujkowski, RN, BSN

Personal Care/

Caregiver Support

Sue Howard

Case Manager

Linda Carmien, BSW, RSST

Case Manager

Kristy Upton, BHS

Case Manager/

Abuse in Later Life

Bay County Division on Aging

515 Center Avenue, Ste. 202

Bay City, MI 48708-5123

Telephone: (989) 895-4100

1-877-229-9960

Office Hours:

8:00am to 5:00pm

Monday through Friday

Chair Yoga—With Beth Trahan

Division on Aging, in cooperation with the Bay County Recreation Department, offers Aging Well Chair Yoga – With Beth Trahan especially geared to the 60+ age group. This Yoga Class is designed to relax, restore, and renew body, mind, and spirit. Class emphasis includes proper breathing techniques, stretching, relaxation, and visualization components. This opportunity should go hand-in-hand with any other exercise class you might attend. This class is Level 1 or Level 2. Order a meal (choice of hot entrée, salad, or sandwich) and enjoy the whole experience.



Community Center
800 J. F. Kennedy Drive, Bay City

Aging Well Chair Yoga – With Beth Trahan
Tuesdays, February 2, 9, 16, and 23
and / or

Thursdays, February 4, 11, 18, and 25
11am to 11:45am, 12 noon Lunch

\$8 fee for one-day four-week session (Tuesdays or Thursdays)
\$16 fee for two-day four-week session (Tuesdays and Thursdays)
\$3 per class drop-in fee

\$2.50 suggested donation for lunch, age 60 and older
\$4.75 guest fee for lunch, under age 60

For more information, call 989-895-4100 or toll-free at 1-877-229-9960. You may also call Beth Trahan at the Community Center at 989-894-0671.



Diabetes Reminder



MICHIGAN
Partners on the
PATH

Have you signed up for the Diabetes Personal Action Toward Health (D-PATH) workshop? Classes begin February 2.

See the December 2015 and January 2016 issues of Wonderful Times for more details.

To register or for more information, call the main office at 989-895-4100 or toll-free at 1-877-229-9960.

A Matter of Balance

The A Matter of Balance program will return in April. There will be eight sessions held at Rainbow Center at the Canteen. Class size is limited to 12. For more details, see the August 2015 or October 2015 issues of Wonderful Times.



Those on the waiting list will be given the first chance to register. If you would like to be added to the waiting list, please call the main office at 989-895-4100 or toll-free at 1-877-229-9960.

Movie and a Meal at Alice and Jack Wirt Public Library

Division on Aging and the Bay County Library System continue the Movie and Lunch Series at Alice and Jack Wirt Public Library, 500 Center Avenue, Bay City:

Wednesday, February 17
August Rush
 starring Freddie Highmore
 and Keri Russell

11:45am Registration
 12 noon Lunch/Movie

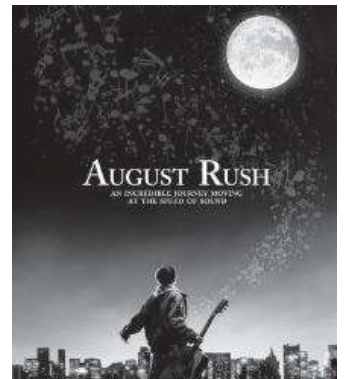
\$3.00 age 60 and older
 \$5.00 under age 60

Cost includes donated facilities, movie, and suggested donation for lunch.

Reservations due one week in advance.

Call Division on Aging at 989-895-4100 or toll-free at 1-877-229-9960.

For more events, visit www.baycounty-mi.gov/Aging/.



Valentine's Day Party

Show off your love of red and join us for music, treats, and fun on the sweetest day of the year! We have invited Jolly Hammers & Strings to perform for us. They play wonderful traditional music and folk music, using some ancient-style stringed instruments, including dulcimer and autoharp, as well as guitar, fiddle, harmonica, and more. Join in on the fun and sing along!

Thursday, February 11
 Riverside Friendship Center
 800 J. F. Kennedy Drive, Bay City

10am-10:30am Special Treats
 10:30-11:30am Music by Jolly Hammers & Strings
 12 noon Lunch
 12:20pm Valentine Drawing
 12:30-3pm Shuffleboard



\$2.50 suggested donation
 for those age 60 and older
 \$4.75 guest fee
 for those under age 60

Call Sandy at 989-893-7070 by February 9 to make lunch reservations or transportation requests. You may choose the main entrée (Gourmet Chicken Tetrastini) or the sandwich of the week (Creamy Egg Salad) or the salad of the week (Taco Salad).

For more activities and opportunities, visit the webpage, www.baycounty-mi.gov/Aging/.

Winter Safety and Fire Safety

Do you have an emergency kit ready, in case of need, in your car and in your home? Have you changed the batteries in your smoke detector and carbon monoxide detector lately? Did you know that smoke detectors should be replaced every ten years – even if they seem to still work? This is valuable information that could prevent a horrible situation. A question-and-answer session will follow. Come with your questions and stay for lunch, followed by shuffleboard.

Thursday, February 18
 Riverside Friendship Center
 800 J. F. Kennedy Drive, Bay City

10:45-11:45am Program
 12 noon Lunch
 12:30pm Shuffleboard Club

\$2.50 suggested donation
 for those age 60 and older
 \$4.75 guest fee for those under age 60



Call Sandy at 989-893-7070 by February 16 to make lunch reservations or transportation requests. You may choose the main entrée (Baked Turkey) or the sandwich of the week (American Club Wrap) or the salad of the week (Crispy Chicken Salad).

For more activities and opportunities, visit the webpage, www.baycounty-mi.gov/Aging/.

New Exercise at Hampton A.M.

Hampton Activity Center is hoping to begin an exercise group on Monday mornings.

The program will consist of gentle muscle-toning exercises led by Jill Case from Brookdale Senior Living. Participants could then stay for lunch following the exercise session.

If you have any interest in joining this new exercise group, please call Susan, the Site Manager at Hampton A.M., at 989-895-5968.

Valentine's Day at Dining Centers

It's Valentine's Day! The Senior Dining Centers are celebrating Valentine's Day Thurs., Feb. 11 (Fri., Feb. 12, for Hampton P.M.). See Pages 6 and 7 for telephone numbers to make your meal reservations at least 24 hours in advance.

Pickleball League

Pickleball is available at the Bay County Community Center. All levels of play are encouraged. Equipment is provided.

Tuesdays, 12:30-3:30pm
Wednesdays, 11am-2pm
Thursdays, 12:30-3:30pm



\$4 per day to play

Bay County Community Center
800 J. F. Kennedy Drive, Bay City

Call Beth Trahan, Bay County Recreation Assistant, at 989-894-0671 for more information.

YOU CAN CLUTCH
THE PAST SO TIGHTLY
TO YOUR CHEST
THAT IT LEAVES
YOUR ARMS TOO FULL
TO EMBRACE
THE PRESENT.

Jan Glidewell

Be Happy..

Enjoy every moment
of your life..

Life is too short to
waste on grudges..

Laugh when you can,
Apologize when you
should..

and let go of what you
can't change..



Acrylic Landscape Painting Class

Have you ever asked yourself, "I would love to learn how to paint, but how do I get started?" Join award-winning television artist Steve Wood and learn his step-by-step methods and techniques for achieving successful landscape paintings. Steve has taught over one thousand students. He says, "Anyone can paint." Everyone leaves with a beautiful one-of-a-kind hand-painted 11x14 "Hillside Farm" painting. All you need to bring to class is yourself and a desire to paint. You will have tons of fun at Riverside Friendship Center, 800 J. F. Kennedy Dr., Bay City.

Monday, March 7
9:30am-11:45am or 12:30pm-2:45pm
Lunch served at 12 noon

Register by February 27 (or until full)
No refunds

\$20.50 age 60 and older
\$22.75 under age 60

Cost includes instruction, materials, and lunch



Class size is limited. A minimum of six participants must be enrolled in each session; otherwise, the session may have to be combined and/or canceled. There will be a one-time limit to carry over your registration if you have to cancel. Contact Sandy at 989-893-7070 for more details.

Aging Well—Cornhole Toss

As part of the Aging Well Series, Division on Aging is working with the Community Center to offer indoor games of Cornhole Toss during the winter months. This is a bean bag toss game that offers movement, competition, and laughs. Socializing and having fun leads to a healthy lifestyle. Cornhole Toss is one of the events offered during Senior Olympics.

Our indoor games will be played as four-player games (two teams of two players each). Players will take turns throwing four bags filled with corn to the platform on the other side of the court.



Any bags that fall into the hole of the platform score three points. Bags that land on the platform

score one point. The game is won when one team scores 21 points with a lead of two or more points. Three games will be played with different partners. Both players on a team will take the same score to be added to the other two game scores for a total number of points to determine the winner.

Riverside Activity Center
800 J. F. Kennedy Drive, Bay City

Aging Well Cornhole Toss Game
Tuesdays beginning January 5
12 noon Lunch
12:45-3:15pm Cornhole Toss

\$1 per participant to play
\$2.50 suggested donation for lunch,
age 60 and older
\$4.75 guest fee for lunch, under age 60

Call Sandy at Riverside at 989-893-7070 for more information or for lunch reservations. If you make a lunch reservation, you may choose the hot entrée, the salad of the week, or the sandwich of the week. You may visit the web page for more activities and opportunities at www.baycounty-mi.gov/Aging/.

Seeking Friendly Shoppers

Division on Aging is seeking volunteers who have a good driving record and are willing and able to help homebound seniors with Friendly Shopping and errands. This is a New Year, and what better way to start out with good intentions than by lending a helping hand. Typically, seniors call and either request to be transported to the grocery store or request that a volunteer purchase groceries on their shopping list. Volunteers usually schedule the shopping or errand (normally one or two hours per trip) during their available time.



An application process is required prior to becoming a volunteer. Background and reference checks are required with an interview to follow.

If this is something that you might enjoy, please call the Volunteer Program at 989-895-4100 or toll-free at 1-877-229-9960.

Helpful Tips

If your shoes or boots are stained with salt from trudging through the winter's snow, simply dip a cloth or an old T-shirt into white vinegar and wipe away the stain. It's that easy!

Your houseplants need nourishment, particularly in the dead of winter when the sunlight is limited. Still, there is no need to buy expensive plant food. Just remember to save the water when you boil potatoes or pasta, let it cool, and use it to water your plants. They love the starch water.

Temporarily Away

The Wonderful Times newsletter is mailed under a non-profit bulk mail rate and is not forwarded by the Post Office. If your newsletter is returned, we will remove your name from the mailing list.

To get your name back on the mailing list, you must contact Division on Aging. If you plan to be away or are moving, please call the main office at 989-895-4100 or toll-free at 1-877-229-9960.



RAINBOW

800 Livingston Avenue, Bay City, MI 48708
 Alice Webster 989-892-6605
 Tues-Thurs 9:30am-1:30pm



Wednesdays and Thursdays – *Indoor walking*
 from 9:30am to 12 noon followed by lunch

Thursdays – *Grocery Bingo* at 10:30am followed
 by lunch

Thursday, February 4 *Blood Pressure Clinic*
 w/Cathy Sujkowski, R.N., at 11:15am

Reserve your place for lunch (choice of main
 entrée, salad of the week, or sandwich of the
 week) at least 24 hours in advance. Call and
 leave a message at 989-892-6605. Suggested
 donation for lunch for those age 60 and older
 is \$2.50; the guest fee for those under age 60
 is \$4.75.



HAPPY VALENTINE'S DAY!

USEFUL THINGS TO KNOW

Suggested donation for meals at all Dining
 Centers for those age 60 and older is \$2.50.

Those under age 60
 must pay the guest fee of \$4.75.

You must reserve your meal at least 24 hours in
 advance by calling the appropriate Site Manager.

Transportation is available to all Dining
 Centers; contact the Site Manager for details.

HAMPTON A.M.

801 West Center Road, Essexville, MI 48732
 Susan Howell 989-895-5968
 Mon-Thurs 10am-2pm

Hello Seniors
 Happy Valentine's Day



We are hoping to begin an exercise
 group on Monday mornings. The program will
 consist of gentle muscle-toning exercises led by
 Jill Case from Brookdale Senior Living. Please call
 Susan at 989-895-5968 if you are interested.

Tuesday, February 2 Celebrate *Chocolate*
Month with a chocolate surprise

Tuesday, February 2 *Blood Pressure Clinic*
 w/Cathy Sujkowski, R.N., 11:30am

Tuesday, February 9 *Casino Day*

Thursday, February 11 *Valentine's Day Party* –
 Join us for snacks, treats, and fun. Please
 bring a friend.

Tuesday, February 16 *Cherry Pie Day*

Wednesday, February 24 *Birthday & Anniversary*
Day with ice cream for everyone

HAMPTON P.M.

801 West Center Road, Essexville, MI 48732
 Karen Publitz 989-895-5968
 Mon-Fri 2pm-6pm

Every Tuesday and Friday at 3pm Karaoke,
 singing, and dancing with *Dynamite Dave*

Tuesday, February 2 *Blood Pressure*
Clinic w/Cathy Sujkowski, R.N., 4pm

Thursdays, February 11 & 25 Music provided
 by the *Variety Tones* and 50/50 raffle

Friday, February 12 *Valentine's Dance* -
 Cookies and punch will be served at
 3:30pm. Join us for dinner at 5pm. The
 menu will include sweet & sour chicken
 over brown rice, broccoli florets, pineapple
 orange delight, and beverages.

Wednesday, February 17 *Doughnuts and hot*
chocolate served at 3:30pm

Monday, February 29 *Birthday*
Celebrations with ice cream for everyone

KAWKAWLIN

1800 East Parish Road, Kawkawlin, MI 48631
 Marla Backus 989-686-5127
 Wed & Thurs 9am-12:30pm

"All you need is love. But a little chocolate now and then doesn't hurt." ~ Charles M. Schulz

Wednesday, February 3 – *Blood Pressure Clinic* with Cathy Sujkowski, R.N., 11am

Thursday, February 11 – *Valentine's Day Party*

Thursday, February 18 – *Snack Day*

Thursday, February 25 – *Birthday Celebrations*

Wednesdays and Thursdays – *Smear and Euchre* at 9am

Wed. – *Low-Impact Exercise w/Millissa*, 11:30am

Thursdays – *Bingo* at 12:30pm

WILLIAMS

1080 West Midland Road, Auburn, MI 48611
 Velda Kowalsky 989-662-6521
 Mon-Thurs 9am-1pm

Wednesday, February 3 – *Blood Pressure Clinic* with Cathy Sujkowski, R.N., 11:30am

Tuesday, February 9 – *Paczki Day* – Have a paczki for a snack – No calories, of course!

Thursday, February 11 – Extra special *treats* for *Valentine's Day*. Remember to wear red!!

Tuesday, February 16 – *Birthday Celebrations*

Wednesday, February 17 – *Movie/Popcorn Day* – Hotel for Dogs – 10am – Loaded with adorable dogs, a team of clever kids, and gadgets, this film will leave you wondering who let the dogs in.

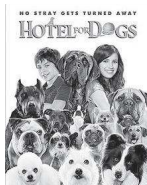
Starring Emma Roberts and Jake T. Austin.

Monday, February 22 – Bingo compliments of *Caretel Inns of the Tri-Cities* at 10:30am

Remember *Bingo* every Monday and Wednesday from 10am to 12 noon; 25¢ per board.

Chair Yoga every Monday, 11am to 12 noon; \$3 per class drop-in fee

Euchre Tuesdays & Thursdays, 10am to 12 noon



RIVERSIDE

800 J. F. Kennedy Drive, Bay City, MI 48706
 Sandy Jozwiak 989-893-7070
 Mon-Fri 9am-2pm

The *Acrylic Painting Class*, led by award-winning instructor Steve Wood, will be creating a painting entitled "Springtime Birch" on Monday, February 1. The cost is \$20.50, which includes all instruction, materials, and lunch. Call Sandy for further information and join the fun!



Blood Pressure Clinic with Jan Richards, R.N., on Tuesday, February 9, at 11am

Tuesday, February 9, is *Paczki Day*!! Pre-order your paczki with Sandy. The coffee will be on and ready for you when you pick up your paczki.

Our *Valentine's Day Party* is Thursday, February 11, from 10am to noon. Show off your love of red and join us for music, treats, and fun on the sweetest day of the year! We have invited *Jolly Hammers & Strings* to perform for us. They play wonderful traditional music and folk music using some ancient-style stringed instruments, such as dulcimer and autoharp, as well as guitar, fiddle, harmonica, and more. Come and join the fun and sing along!

On Thursday, February 18, from 10:45am to 11:45am, the "*Winter Safety and Fire Safety*" program will be presented by the East Central Bay Chapter of the *American Red Cross*. The program will touch on both winter safety and fire safety in your home. Do you have an emergency kit ready, in case of need, in your car and in your home? Have you changed the batteries in your smoke detector and in your carbon monoxide detector lately? Did you know that smoke detectors should be replaced every ten years? Join us for this informative program.



Birthdays and Anniversaries celebrated Tuesday, February 23, at noon

Home Delivered Meals



FEBRUARY 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
(1) (72) GARLICKY CHICKEN Parsley Boiled Potatoes Colorful Peas & Carrots Whole Wheat Bread Mandarin Oranges	(2) (103) TEXAS BBQ PORK SANDWICH ON A WHOLE WHEAT BUN Oven-Browned Potatoes Corn Peanut Butter Cookie	(3) (103) SAUCY VEAL PARMESAN OVER SPAGHETTI Diced Carrots Whole Wheat Bread Sunshine Peaches	(4) (128) CLASSIC HAMBURGER ON A WHOLE WHEAT BUN Baked Beans with Ham Summer Pasta Salad Apple Crisp
(8) (75) GOLD COAST PORK CHOP Mashed Potatoes Italian Beans Whole Wheat Bread Fresh Pear	(9) (62) SPANISH RICE w/MEAT Cauliflower Tropical Fruit Salad	(10) (125) GOLDEN BREADED TILAPIA Oven-Baked Potato California Blend Vegetables Corn Muffin Snickerdoodle	(11) (110) GOURMET CHICKEN TETRAZZINI Garden Vegetable Blend Multigrain Dinner Roll Strawberry Poke Cake
(15) 	(16) (73) SLOW-COOKED BEEF POT ROAST Mashed Potatoes w/Beef Gravy Stewed Tomatoes Whole Wheat Bread Mixed Fruit Cup	(17) (87) HOMESTYLE LASAGNA Italian Blend Vegetables Tossed Salad Garlic Bread Chunky Applesauce	(18) (114) BAKED TURKEY Mashed Potatoes w/Turkey Gravy Squash Multi-Grain Dinner Roll Ginger Pear Cake
(22) (89) CHICKEN & PASTA ALFREDO Broccoli Florets Hawaiian Roll Lemon Pudding	(23) (73) SEASONED SWISS STEAK Mashed Potatoes Riviera Blend Vegetables Whole Wheat Bread Pineapple Chunks	(24) (70) BAKED PORK CHOPS Oven-Baked Potato European Blend Vegetables Whole Wheat Bread Bite-Sized Peaches	(25) (107) CHINESE BEEF OVER BROWN RICE Southern Succotash Whole Wheat Bread Orange Cherry Fluff

Winter Weather Closing Procedures

As we enter the cold weather months, we remind readers that Division on Aging will sometimes close Delivered Meals routes due to road conditions. When Division on Aging makes a decision to close Centers and under "Bay County Division on Aging." The following TV stations are notified of our closing announcements:

WJRT-TV 12

WNEM-TV 5

WEYI-TV 25

The following FM radio stations are also notified of our closing announcements:

WHNN 96.1

WIOG 102.5

WKQZ 93.3

WCEN 94.5

WGER 106.3

WTLZ 107.1

WSGW 100.5

WILZ 104.5

AM radio station WSGW 790

Please tune in to one of these stations and watch or listen for our announcements. Normally, the business office remains open.

All Meals at the Dining Center
(Number in parentheses indicates number of meals)

ALL LUNCHESES

HAMPTON P.M. DINING

Reservations are encouraged
Make reservations by calling

All menus are certified

Please remember that the Division on Aging Home Delivered Meals program is **completely different** from the program called "Mobile Meals." The Mobile Meals program is run by McLaren Bay Region and provides meals for a fee to people of all ages and can meet special diet needs. When you see "Mobile Meals closed" on the television, it is referring to **THEIR** program. Our program is usually listed as **"Division on Aging – HDM routes closed."**

And All Dining Centers

FRIDAY	
(5)	(122)
POTATO CRUNCH FISH	
Twice-Baked Potatoes	
Mixed Vegetables	
Multi-Grain Dinner Roll	
Apple w/Caramel Dip	
(12)	(110)
SWEET & SOUR CHICKEN OVER BROWN RICE	
Broccoli Florets	
Whole Wheat Bread	
Pineapple Orange Delight	
(19)	(92)
SCRAMBLED EGGS	
Oven-Browned Potatoes	
Sausage Links	
Blueberry Muffin	
Harvest Pears	
(26)	(96)
SWISS CHICKEN	
Mashed Potatoes	
Pickled Beets	
Whole Wheat Bread	
Stewed Apples	



SALAD AND SANDWICH

Salad and Sandwich choices
are available at the Dining Centers only

SALAD CHOICE FOR THE WEEK	SANDWICH CHOICE FOR THE WEEK
(WEEK OF 2-1 THRU 2-5-16) <u>CHICKEN CAESAR SALAD</u> Baked Chicken Cheese Croutons Marzetti Caesar Dressing Whole Grain Dinner Roll	<u>HAM SALAD SANDWICH</u> Ground Ham Mayonnaise Relish Whole Wheat Bread
(WEEK OF 2-8 THRU 2-12-16) <u>TACO SALAD</u> Seasoned Beef Corn Black Beans Crushed Taco Chips Salsa/Ranch Dressing	<u>CREAMY EGG SALAD SANDWICH</u> Whole Wheat Bread Carrots Cucumber Slices
(WEEK OF 2-15 THRU 2-19-16) <u>CRISPY CHICKEN SALAD</u> Crispy Chicken Marzetti Buttermilk Dressing Multi-Grain Dinner Roll	<u>AMERICAN CLUB WRAP</u> Whole Wheat Wrap Ham Turkey Bacon Tomatoes Cheese Ranch Dressing
(WEEK OF 2-22 THRU 2-26-16) <u>SPINACH SALAD</u> Baked Chicken Egg Mandarin Oranges Toasted Almonds Crushed Croutons Bacon Ranch Dressing Multi-Grain Dinner Roll	<u>TACO SALAD WRAP</u> Ground Beef Black Beans Tomato Lettuce Cheese Fritos Salsa Whole Wheat Wrap

All Salads and Sandwiches
served with
Dessert and/or Fruit of the Day
and Fat-Free Milk

Dining Centers and Home
and/or routes, the notice is

centers served with Fat-Free Milk
(indicates daily grams of carbohydrate.)

SERVED AT 12 NOON.

DINNER SERVED AT 5:00 PM.

ordered by noon one day in advance.
at your favorite Dining Center.

and by our Registered Dietitian.



February



Senior Tax Credit Program



United Way of Bay County

The United Way of Bay County is offering Tax Assistance for qualifying low-income individuals (income of \$54,000 or less), families, senior citizens, and persons with disabilities through the Volunteer Income Tax Assistance (VITA) Program.

To schedule an appointment at one of three locations, you may call United Way at 893-7508, ext. 11, Monday through Friday from 9am to 3pm. There will be no walk-ins; **appointments are REQUIRED.**

This program is free to Bay County seniors who need assistance with simple federal tax returns based upon income and state forms and/or state tax credits, which include Home Heating Credit Claims (MI-1040CR-9) and Homestead Property Tax Credit Claims (MI-1040CR-7).

If you have a complex federal return due to investments or selling of stocks or have to pay federal tax, this clinic is not for you.

Please bring ALL tax materials, including:

- Photo identification and Social Security card
- Proof of all income
- Last year's tax return
- Heating bills
- Rent receipts
- Property tax bills
- Bank routing number and account number



Holiday Angel Project Contributors

To all those wonderful Angels who contributed to our first Holiday Angel Project, a huge "Thank You!!!"

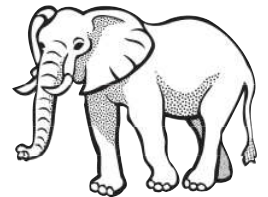


Together, we were able to fill 60 bags of goodies and deliver them to Bay County seniors. The residents in Bay County came together to help others in need. The seniors receiving their surprises were overjoyed and so happy.

We at Bay County Division on Aging could not be more grateful for the response and generosity in this effort. Thanks for being part of the success.

Elephant Stew

- 1 large elephant
- 1 lb. sage
- 1 lb. thyme
- 1 lb. salt
- 1 lb. coarse pepper
- 150 gals. brown gravy
- 500 lbs. carrots, celery, potatoes
- 2 rabbits
- 1 very large pot

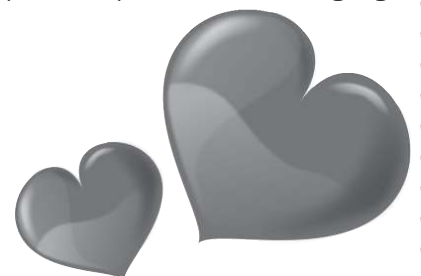


Cut elephant into 1/2-inch cubes. This will take about 90 days. Add brown gravy and other seasonings. Simmer over a wood fire for 30 days. Two days before serving, add the vegetables. This recipe will serve 4,250 people. (If more people are expected, add the two rabbits, but only if necessary. Most people do not enjoy "hare" in their stew.)

- submitted by Leone Brashaw



from the staff at Bay County Division on Aging



GOLDEN HORIZONS

1001 Marsac Street

Overview of Alzheimer's & Other Dementias

Tuesday, February 9, 9:30am-12 noon
or Wednesday, February 10, 6:30pm-9pm

Presenter: Bonnie Fritz, LPN, Dementia Education.
Free program for caregivers. Registration
required; please call 989-892-6644.

**ALZHEIMER'S/DEMENTIA CAREGIVER SUPPORT
GROUP OF BAY COUNTY**

Golden Horizons, 1001 Marsac Street
Tuesday, February 9, 6:30pm-8:30pm
Facilitator: Stacy McIntyre, LMSW

CREATING CONFIDENT CAREGIVERS

Golden Horizons
1001 Marsac Street

Wednesdays, March 9-April 13, 10am-12 noon
OR Wednesdays, May 4-June 8, 6:30pm-8:30pm

Creating Confident Caregivers is a free program
for family members providing at-home care for a
loved one who has dementia or memory loss.
Classes are two hours per week for six weeks.
Advance registration is required. For more info or
to register, call Bonnie Fritz at 989-892-6644.

"SIGHT & SOUND" SUPPORT GROUP

Friday, February 12
1:00pm to 3:00pm

A low vision and hearing impaired support group
meets the second Friday of each month at Good
Samaritan Rescue Mission, 713 Ninth Street.



The guest is Susan Vick from First
State Hospice and Home Care sharing
materials on "end of life." We will also hear from
a representative from the Central Michigan
auditory department to talk about hearing issues.

Anyone with low vision or low hearing is invited,
as well as family members/guests. For more info,
contact Russ or Zoe Zimmerman, 989-391-4068.

VALENTINE'S DAY WORD SEARCH

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CARD	HAPPY	RED
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CUPID	KISS	ROMANTIC
DATE	LIKE	ROSE
FLOWERS	LOVE	

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Cardiac Risk Factors and a Healthy Heart Diet
Tuesday, February 23, 6:30pm-8pm
Jesika Sprague, Exercise Physiologist,
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- Skin Cancer Screening – May
- Oral, Head & Neck Cancer Screening – June
- Prostate Cancer Screening – September
- Breast Cancer Screening – October

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Case Coordination and Support	Caregiver Training
Home Delivered Meals	Personal Care
Congregate Meals (Senior Dining Centers)	Information and Referral
Homemaking	

If you are interested in any of these programs, please call 989-895-4100 or toll-free at 1-877-229-9960 Monday through Friday from 8:00am to 5:00pm

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The Dashboard and Citizen's Guide have been designed to allow our citizens to view important information about Bay County quickly and easily. In accordance with the County Incentive Program, the Citizen's Guide, Performance Dashboard, Debt Service Report, and Projected Budget Report can be viewed on the County website at www.baycounty-mi.gov.